



OFFICE OF THE SENIOR ADVOCATE

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The Office of the Senior Advocate, created in May 2003, serves residents in Chesterfield County aged 60 and older, their family members and caregivers by providing information and referrals, and promoting and coordinating services for:

- older adults who want to remain active and independent and be vital contributors to their communities,
- older adults who may need assistance to remain as independent as possible,
- caregivers, including those who may themselves be older and need assistance.

Our mission is to enhance the quality of life of older adults and their caregivers in Chesterfield County and to promote the ability to live active, independent lives as long as possible.

If you or someone you know is in need of any of these services, please contact the Office of the Senior Advocate at Leidheiserd@chesterfield.gov or 804-768-7878.

June. 2014



CHESTERFIELD COUNTY

Office of the Senior Advocate Newsletter

Greetings From The Office of the Senior Advocate



Spring has been busy in our office with our community programs and events. We held our Church Ambassador program in February and another one will be offered in August. In this program, we train the faith community on resources for older adults. (Contact the office if you would like to take the class.) A Health and Safety Fair was held in conjunction with St. Barnabas Church in February; a Senior Dance, Lawyers Helping Seniors Day, and Soup for the Caregivers Soul were held in March; Live Well Virginia Chronic Disease Self-Management classes were held in April; and the Triad Senior Day and Senior Idol Competitions were held in May, as well as our last monthly reading with the kindergarten and first grade students at Harrowgate Elementary School. All of these programs were open to Chesterfield's seniors! There were lots of events for people to participate in, as well as volunteering to help at these events.

Summer continues with several programs. In addition, there are programs through the Chesterfield Council on Aging and Chesterfield Triad, as well as their monthly meetings. The Council meets on the fourth Thursday of each month at 9 a.m., and their mission is to enhance the quality of life for older adults and adults with disabilities through education, advocacy and community service. Chesterfield Triad meets on the third Thursday of each month at 9 a.m., and they focus on enhancing the quality of life and reducing crime against senior citizens.

I would like to take this opportunity to thank the many volunteers who help out in our office with various programs and events. We could not provide all of the programs and resources without your help. Thank you so much for giving your time to help seniors in our county.

Debbie

Beat the Summer Heat!

Summer weather can be very risky for many, especially those over 65 and individuals with certain health issues. Here are five steps and precautions everyone can take to protect themselves, as well as loved ones and neighbors.

- 1. **Drink Plenty of Liquids.** Water and/or fruit and vegetable juices are all great ways to stay hydrated.
- 2. **Lower Your Chance of Heart Problems.** If you live in a home or apartment without fans or air conditioning, follow these steps:
 - A. Create cross-ventilation by opening windows on two sides of a room.
 - B. Cover windows when they are in direct sunlight.
 - C. Keep curtains, shades or blinds drawn during the hottest part of the day.
 - D. Try to spend at least two hours, if possible, in an air-conditioned area such as a local cooling center, shopping mall, library or senior center.
- 3. **Call the Senior Connections' Fan Care Program at 804-343-3005** to find out if you are eligible to receive a free fan or window air conditioner.
- 4. **Pay Close Attention to Weather Reports.** You are more at risk as the temperature or humidity rises or when there is an air pollution alert in effect.

For more information, contact our office.



Cooling Assistance Program

The Chesterfield-Colonial Heights Department of Social Services administers programs to help with cooling costs throughout the year for **income eligible** households. The Cooling Assistance Program assists by repairs of cooling equipment and/or payment for electricity to operate cooling equipment. To be eligible, a household must meet the income requirement and contain at least one vulnerable individual who is age 60 or over, disabled, or under the age of six.

Applications can be requested by contacting the Energy Assistance Office at 804-717-6825, or online <http://www.dss.virginia.gov/benefit/ea/>

Avoid Heat-Related Illness

During the summer months, look for signs and symptoms of the following heat-related illnesses:

Heat Cramps

Painful tightening of muscles in your stomach area, arms, or legs. While your body temperature and pulse usually stays normal, your skin may feel moist and cool. These cramps could mean that you are too hot.

Heat Exhaustion

A warning that your body can no longer keep itself cool. You might feel thirsty, dizzy, weak, uncoordinated, nauseated and sweat a lot.

Heat Stroke

An emergency that can be life threatening! Symptoms include fainting, body temperature over 104 degrees, change in behavior, dry flushed skin with a rapid or weak pulse, and not sweating.

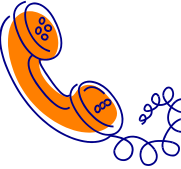
Grandparent Conference

There are many grandparents and other kin raising a child, and we are preparing for a conference for this population. Mark your calendar for Saturday, October 18, our first conference for grandparents and other kin raising a child. There will be programs for the children and workshops for the adults.

The adult workshops include topics on positive discipline, legal issues, your special needs child: ADD and ADHS, tech savvy, family dynamics, and others. The children will also have various activities and programs during the workshop.

Mark your calendar for October 18, 8:30 a.m.-1:30 p.m. The conference is open to anyone in the greater Richmond area. Let us know if you would like to receive the flyer and registration application, which will be available the end of August.

Telephone Reassurance Program



The Telephone Reassurance Program allows volunteers to verify the well-being of isolated or disabled adults through weekly telephone calls. Such interaction has proven to be effective in reducing isolation, victimization and health concerns among older or disabled adults.

Seniors can apply to the program or be referred by family or friends. Applicants will be interviewed on the phone and need to fill out a brief form listing their emergency contacts and interests or hobbies.

Volunteers are needed on Monday, Wednesday and Thursday mornings from 9-11 a.m., and Tuesdays from 12-2 p.m. to make calls to seniors. Contact us for more information.

Fun at the Fairgrounds

Join others on October 21 at the Chesterfield Fairgrounds for our annual Health and Wellness Festival. This annual event for older adults age 50+ offers free health screenings, crafts, games, entertainment, competitions, door prizes and refreshments. In addition, there will be several vendors in attendance who provide services for older adults.

Mark your calendars for October 21, 9 a.m.-12 p.m. More information will be coming as the date gets closer.

Do Not Call Register

Are you receiving too much mail, too many phone calls or emails for you or a loved one? Contact the National Do Not Call Registry at 1-888-382-1222, www.donotcall.gov, or TTY 1-866-290-4236.

Upcoming Events

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|------------|---|
| Aug. 22-30 | Chesterfield County Fair |
| Sept. 8 | Senior Ambassador Class Begins |
| Oct. 18 | Conference for Grandparents Raising Grandchildren |
| Fall | Lawyers Helping Seniors Day |
| Oct. 21 | Fun at the Fairgrounds |



Grandparent Connection



Are you a grandparent raising a child?

Join the Grandparent Connection support group. Meetings are held the third Thursday of every month from 4:30-6 p.m. in the Community Development Building, 9800 Government Center Parkway.

On June 19, Susan Brown of Commonwealth Parenting will present Heart to Heart for Grandparents. Attendees will participate in a discussion of how parenting has changed, how the role as a

grandparent has changed, and how grandparents can support children and grandchildren in this fast paced world. This meeting will also address particular challenges faced by grandparents raising grandchildren.

On July 17, Mary Garber, the Childhood Safety Coordinator of Chesterfield County Police Department, will teach about the different drugs that children are using today and what to look for in your grandchildren.

Light refreshments will be served and free childcare is provided on site. Please call the office for more details.

Caregiver Connection

Caregiver Connection helps address the needs of those who are caring for an adult with physical or cognitive deterioration, usually a parent or a spouse.

Join the Caregiver Connection support group. Meetings are held the first Tuesday of every month from 4-5:15 p.m. at Lucy Corr Village, Assisted Living Friendship Room, 6800 Lucy Corr Boulevard, Chesterfield.

On July 1, Joley Eason, Esq. at *Thompson McMullan, P.C.* will present Legal Tools for Caregivers. In this meeting, you will learn about legal tools that can help you ensure your loved one’s wishes are carried out.

On August 5, Gale Davis, MS Geriatric Care Manager with VCU Medical Center, will present Working with Care Professionals: How to Get the Help You Need. This meeting will discuss how to work more effectively with professionals and how to be an essential member of your loved one’s care team.

For more information, call 804-768-7878 or 804-706-5657.



Senior Ambassador Program

Are you an adult 55 or older who wishes to be engaged in community service in a new way?

The Chesterfield County Senior Advocate will offer its Senior Ambassador program in September. The eight-week course will allow adults 55 and older to broaden their knowledge of the county and to learn how they can use their creative energies to better the community through self-enrichment and volunteerism.

“This group of older adults will get a snapshot of the many different areas of Chesterfield County,” said Senior Advocate Debbie Leidheiser. “Participants will visit various sites and hear from an expert or policymaker on topics ranging from history, lifelong learning, health and wellness, gov-ernment and business and safety. I’m very excited that the office can offer this program to our older adults.”

A majority of the classes will meet at the Chesterfield County Community Development Building. The upcoming sessions will be on Mondays, September 8-November 3. Enrollment in Senior Ambassadors is free, but an application is required and must be received by August 9. Each session is limited to 20 participants who are selected by lottery.

This unique program is sponsored by several organizations and businesses, including Chesterfield County Public Schools, the Chesterfield Chamber of Commerce, CJW Medical Center and Heritage Financial Consultants.

Senior Volunteer Hall of Fame



The Senior Volunteer Hall of Fame is seeking nominations for inductions of seniors aged 65 and older who have rendered unusual or outstanding volunteer service after the age of 65.

Applications will be available in July are due by September 26.

Nomination forms are available at all Chesterfield County public libraries, online at **Chesterfield.gov/seniorevents**, **Chesterfield.gov/seniorvolunteerhalloffame**, or by calling 804-768-7878.

Yellow Dot Program

The Adult Services Interagency Task Force and Chesterfield Triad are pleased to offer the Yellow Dot program to Chesterfield resi-dents. The program helps save lives during a vehicular accident, and all first responders in Chesterfield have been trained on the program. Participants place a yellow dot on the outside rear driver’s side window. During an emer-gency, first responders are alerted that pertinent medical and emergency contact information is in the glove box.

The program’s goals are to share medical information with EMS or other medical personnel and to notify family members of the emergency. Having the information at hand during an emergency can save precious time. If you are interested in receiving the brochure and dot, contact our office.

Spring Dance

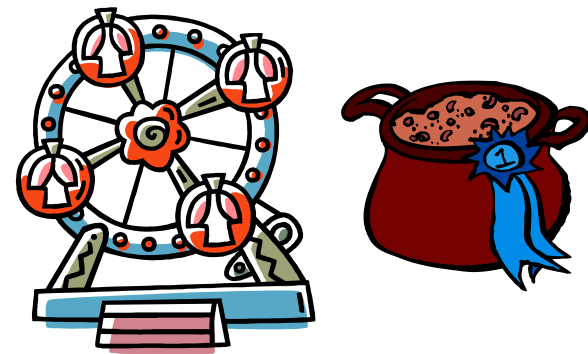
The Spring Dance was held on Friday, April 4. Chesterfield County residents 50 and older two-stepped the night away to country music provided by Spectrum.



Chesterfield County Fair

Join in all the fun and festivities at the 101st annual Chesterfield County Fair to be held from August 22-30. The fair will be held at the Chesterfield County Fairgrounds, 10300 Courthouse Road, Chesterfield.

For more information, visit the website at:
<http://chesterfieldcountyfair.org/>



Volunteer Appreciation Event

In celebration and gratitude for the continuing volunteer efforts through the Senior Advocate's office for the citizens of Chesterfield, the office recognized our volunteers with a "Tea" in April. The program started with volunteers meeting each other, enjoying a cup of "tea" and playing a Jeopardy game. John Lemza provided a program on the "History of Tea and Proper Tea Etiquette." Afterwards, a brunch was enjoyed by all of our volunteers.

There are many ways that our 60 volunteers are active, some participating in one program and others in several. Some of the programs are: the telephone reassurance program, Harrowgate reading, receptionist and front desk workers, support group co-facilitator and child care providers, and special events.

On behalf of our office, thank you for making a difference for our citizens and helping our office.



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Lawyers Helping Seniors Day

Join us in the fall for Lawyers Helping Seniors Day! Volunteer attorneys will prepare free legal documents for Chesterfield's eligible seniors and individuals with disabilities. All legal documents will be prepared on site by volunteer attorneys.

To participate, seniors and individuals with disabilities must meet the following financial eligibility requirement: monthly income for one person must be less than \$2793; monthly income for two persons must be less than \$3783.

To confirm eligibility and sign up, or for more information, please call 804-768-7878 or e-mail leidheiserd@chesterfield.gov. More information will be provided as the event gets closer.

Intern Highlight



We are fortunate to have an intern joining us in the Senior Advocate's office this summer.

Suchita Basnet is a student at Virginia Commonwealth University pursuing a Master of Science in Gerontology degree. After graduating, Suchita plans to further her education with a Ph.D. degree in Clinical Counseling, focusing on older adults and their mental health.

Suchita started in May and will be with us through August. She will be helping with our support groups, programs, telephone reassurance, and other items.

Triad Senior Day

The 15th annual Chesterfield Triad Senior Day was held on May 7 at Victory Tabernacle Church on Genito Road. David Browning as the "Mayberry Deputy" provided the entertainment. Mr. Browning has provided entertainment before, and Triad kept hearing each year that the participants wanted him to return. The event hosted 68 vendors who were able to talk to the participants on services that they provide for seniors and caregivers. In addition, there was a continental breakfast, program on safety, and various door prizes were awarded for the 650 participants present.



Chesterfield Triad is a partnership among the county's Sheriff's Office, Police Department, Fire and Emergency Medical Services Department, Senior Advocate, senior organizations and individuals from the community. It strives to educate seniors and caregivers about programs, services, techniques and systems that help prevent crime against seniors and improve their quality of life. Triad meets on the third Thursday of each month, 9-10:30 a.m., at Police Support Services on Hicks Road. For more information on Triad, call the Chesterfield County Office of the Senior Advocate at 804-768-7878 or Chesterfield County Sheriff's Office at 717-6266, or visit our website at www.chesterfield.gov/Triad.



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